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I am a certified yoga instructor with 600+ hours of training in several different styles of yoga under many different instructors. I have practiced yoga for 12 years and have been teaching children and adults for quite some time. I am comfortable teaching yoga to anyone of any size, ranging in ages 4-70.

**What is Yoga?**

Yoga is a system of physical and mental exercise. The word yoga means “to join together”. It brings the mind and body together into one harmonious experience.

Yoga is built on 3 main structures: exercise, breathing and meditation. The exercises of yoga are designed to put pressure on the glandular systems of the body, thereby increasing its efficiency and total health. The breathing techniques are based on the concept that breath is the source of life in the body. These two systems of exercise and breathing then prepare the body and mind for meditation which will teach the student an easy approach to a quiet and focused mind. This focus will help bring silence and healing for everyday stresses and produce a clear, bright mind and a strong, capable body.

**Dr. Larry Payne, Ph.D., and Richard Usatine, M.D. have said:**

“Many yoga practices counter the fight-or-flight response and invite the body to move in the opposite direction toward peace and calm. Gentle stretching lengthens your muscles, reducing physical tension. Yoga breathing slows your respiration. Inverted postures can help lower your blood pressure by decreasing your heart rate, relaxing your arteries and reducing levels of the stress hormone noradrenaline. Resting yoga postures allow you to let go of physical and mental effort. Meditative practice helps you put fear and anger into perspective. With increased calm and relaxation comes a decrease in your level of cortisol, an adrenal hormone that inhibits immune system function. This keeps your body in optimal alert against disease.”

**As a certified Yoga instructor:**

I agree to uphold the ethical goals set forth in the Yoga Alliance Code of Conduct:

1. Create and maintain a safe, clean and comfortable environment for the practice of yoga.
2. Encourage diversity actively by respecting all students regardless of age, physical limitations, race, creed, gender, ethnicity, religion affiliation, or sexual orientation.
3. Respect the rights, dignity, and privacy of all students.
4. Follow all local government and national laws that pertain to my yoga teaching and business.

**Objectives and Pricing:**

I or a member of my staff, will teach your students some basic principles of yoga that will help them relax, re-invigorate their minds, and focus on the tasks at hand. A better feeling of well-being will be discovered by everyone involved and I believe this will carry over into the classroom and provide a better environment for learning. My program involves two weeks of very basic yoga skills instruction. The children will learn stretching, balancing, focusing and breathing techniques within a 30 minute period. Faculty yoga classes are also made available upon request. I also will have more staff available to teach consecutive classes as needed. The cost is \$25 per hour. I will need at least 4 classes to be interested in attending in order to come to your school. I look forward to this opportunity to work with your students.

**Namaste’**

*Lisa*  
**Lisa Smiley**

# **WEEK 1 - INTRO TO YOGA AND STRETCH!**

## **(K-2)**

**Seated Breathing**

**Seated arm/side stretches**

**Cat/Cow**

**Opposite arm/leg balance stretch**

**Hands and knees to**

**Downward Dog (Ahdo Mukha Svanasana)**

**Mountain Pose (Tadasana)**

**Standing Series A (1)**

**Animal Poses (going to the zoo or jungle!)**

**Camel (Ustrasana)**

**Lion**

**Wolf                      Cobra**

**Cowface (Gomukhasana)**

**Praying Mantis**

**Boat**

**Frog                      Fish (Matsyasana)**

**Dolphin                Turtle**

**Dead Bug**

**Hero (Virasana)**

**Pretzel**

**Bow pose (Dhanurasana) OR Bridge Pose (Setu Bandha)**

**Childs Pose (Balasana)**

**Seated Forward Bend (Dandasana)**

**Corpse Pose (Savasana)**

# **WEEK 1 - INTRO TO YOGA AND STRETCH!**

## **(3-6)**

**Seated Breathing (Sukhasana)**

**Seated arm/side stretches**

**Cat/Cow**

**Opposite arm/leg balance stretch**

**Knee lunge**

**Full lunge**

**Extended Angle Pose**

**Hands and knees to**

**Downward Dog (Adho Mukha Svanasana)**

**Mountain Pose (Tadasana)**

**Standing Series A (1)**

**Standing Series A (2)**

**Add High Plank Pose**

**Chaturanga**

**Cobra or Upward Facing Dog**

**Hands and Knees**

**Downward Dog**

**Back to Tadasana**

**Bow pose (Dhanurasana) OR Bridge Pose (Setu Bandha)**

**Childs Pose (Balasana)**

**Seated Forward Bend (Dandasana)**

**Corpse Pose (Savasana)**